

BEEF CUT SHEET



NAME:

1/4 BEEF

PHONE NUMBER:

1/2 BEEF

EMAIL:

WHOLE

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GROUND BEEF

___ 1 POUND PACKS
___ 2 POUND PACKS

___ DESIRED STEAK THICKNESS
___ NUMBER OF STEAKS PER PACKAGE
___ ROAST SIZE (3 POUND STANDARD)

PATTIES

___ POUNDS IN ___ PACKAGES
___ 1/4 POUND PATTIES
___ 1/3 POUND PATTIES
___ 1/2 POUND PATTIES

ROASTS

___ CHUCK ROAST
___ ARM ROAST
___ ROLLED RUMP ROAST
___ SIRLOIN TIP ROAST

ROUND (PICK ONE OR TWO)

___ REGULAR ROUND
___ TENDERIZED ROUND
___ CUBED STEAK
___ ROUND ROAST

LOIN

___ T-BONE (BONE-IN STEAK) **OR**
___ TENDERLOIN & NY STRIP (BONELESS) - FILET OR WHOLE
___ SIRLOIN

RIB - CIRCLE YOUR CHOICE

BONE-IN **OR** BONELESS
RIBEYE **OR** RIB ROAST

OTHER

___ STEW MEAT
___ BRISKET
___ SHORT RIBS
___ SOUP BONES
___ TONGUE
___ LIVER
___ HEART

SPECIAL REQUESTS OR SPECIALTY CUTS

BONE-IN **OR** BONELESS
RIBEYE **OR** RIB ROAST

OPTIONS VARY WITH 1/4 BEEF



WHAT TO EXPECT

QUARTER BEEF

A quarter of beef will lead to 120 – 160 pounds of beef to take home, which is around 4 – 5 grocery bags full. Your cuts will include a mixture of steaks, roast and ground beef, based on your selections above. Please note that we cannot guarantee we will get all your requests with a 1/4 beef, but we will work with you and our processor to do our best!

HALF BEEF

A half of beef will lead to approximately 220 pounds of beef to take home. Your cuts will include a mixture of steaks, roast and ground beef, based on your selections above. We will do our best to work with you and our processor to get all the amazing cuts you want!

WHOLE BEEF

A whole beef will lead to approximately 440 pounds of beef to take home. Your cuts will include a mixture of steaks, roast and ground beef, based on your selections above. We will do our best to work with you and our processor to get all the amazing cuts you want!



BEEF CUTS

AND RECOMMENDED COOKING METHODS

CHUCK		RIB		LOIN		SIRLOIN		ROUND		INGREDIENT CUTS	
Arm Chuck Roast	Cross Rib Chuck Roast	Prime Rib Roast	Porterhouse Steak	Top Sirloin Steak	Top Round*	Kabobs*					
Arm Chuck Steak	Shoulder Roast	Ribeye Steak, Bone-In	T-Bone Steak	Top Sirloin Petite Roast	Top Round Steak*	Stew Meat					
Blade Chuck Roast	Shoulder Steak	Back Ribs	Strip Steak, Bone-In	Top Sirloin Filet	Bottom Round Roast	Strips					
Blade Chuck Steak*	Ranch Steak	Ribeye Roast, Boneless	Strip Steak, Boneless	Coulotte Roast	Bottom Round Steak*	Cubed Steak					
7-Bone Chuck Roast	Flat Iron Steak	Ribeye Steak, Boneless	Strip Petite Roast	Coulotte Steak	Bottom Round Rump Roast	Ground Beef and Ground Beef Patties					
Chuck Center Roast	Top Blade Steak	Ribeye Cap Steak	Strip Filet	Tri-Tip Roast	Eye of Round Roast	Shank Cross-Cut					
Denver Steak	Shoulder Petite Tender	Ribeye Petite Roast	Tenderloin Roast	Tri-Tip Steak	Eye of Round Steak*	Tenderloin Tips					
Chuck Eye Roast	Shoulder Petite Tender Medallions	Ribeye Filet	Tenderloin Steak (Filet Mignon)	Petite Sirloin Steak	Brisket Flat	Inside Skirt*					
Chuck Eye Steak	Short Ribs, Bone-In			Sirloin Bavette Steak	Brisket Point	Flank Steak*					
Country-Style Ribs						Short Ribs, Bone-In*					

KEY TO RECOMMENDED COOKING METHODS

*Marinate before cooking for best results

Funded by Beef Farmers and Ranchers

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#BEEF

LEAN
These cuts meet the government guidelines for lean, based on cooked servings, visible fat trimmed.

A cut of cooked fresh meat is considered "lean" when it contains less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 mg of cholesterol per 100 grams (3 1/2 oz) and per RACC (Reference Amount Customarily Consumed, which is 85 grams (3 oz).